



Television actress Marta Kristen shows how the pressure of a beach ball against midriff helps to keep rib cage from slumping.

Exercising Can Be Fun

By REBA AND BONNIE CHURCHILL

A beach ball and concentration seem like an odd pairing. Yet, combine the two, and you've a series of waist streamlining drills. Physical conditioners explain, "The ball serves as a 'prop,' which makes exercise more effective." Stand erect, ball held overhead, elbows locked. Now, for the concentration part. Think "tall," stretch the spine, lift the bust, contract the abdomen. Without slumping, bend from the waist until ball touches calves. Do not touch floor. Repeat eight times, always at a snail's pace.

Continuing the slim - the - middle program is a special bend - and - press workout. As TV actress Marta Kristen illustrates, stand with feet 16 - inches apart, ball tucked under right arm. Arch left arm overhead, and in a series of short movements, push arm to the right. Concentrate on muscles along the left side as you bend. You'll actually feel ribs gently separate. Pressure of the ball against midriff helps to keep rib cage from slumping. Practice six times; alternate sides.

Next "zero in" on the upper torso, focusing on the bust, shoulders and arms. Place the ball behind your back, -so it rests against the buttocks. On the count of three, inhale through the nose, and swing the ball back from your body. Exhale through the mouth, and return to your original position. Practice three times. Now, add one more movement to the routine. As you inhale, raise on tiptoes, and simultaneously push the ball away. Maintain peak pose two seconds; then, exhale and return to at - ease stance. Repeat four times. Check all workouts with your doctor, who may add additional "concentration calisthenics."